



August 19, 2020

Dear Members

In these unprecedented times due to covid-19, I hope this message finds you well and that your sport is continuing to seek new ways to meet the challenges we are all facing.

Over recent months the OSFO Executive has taken the opportunity to reflect on what we have done in the wellbeing area and believe in light of the current pandemic situation it is important to build on the work we started back in 2015 with the Positive Edge Journal to raise and improve individual wellbeing and build resilience within the Oceania region. As we advised at our Nadi meeting that year the aim of the journal was to improve resilience in athletes by providing them with the knowledge to meet the ever increasing challenges faced in sport. Research has shown that raising wellbeing and adaptability in life's activities builds resilience, alleviates suffering, improves engagement and enables increases in performance outcomes, including sport.

Since launching the journal we realised that although it contains world class education in positive psychology, it requires a whole of sport approach for its implementation and as a result we have now developed a "train the trainer" program for improving wellbeing. This program will build capacity within your sport by supporting athletes, coaches, officials, administrators and interested parties to reach their potential through an understanding of the knowledge, skills and processes required to build mental fitness.

To commence the program in your sport we are encouraging you to identify enthusiastic individuals within your organisation with very good communication skills who have a passion for building wellbeing and resilience. We would propose that these individuals will be trained and well supported to become Head of Positive Engagement (HOPE) Leaders. A free training course consisting of ten one hour zoom sessions, which will include understanding and measuring wellbeing, building high quality connections and mindsets for success, will be provided to these volunteers and we invite all sports in our region to nominate one person in their organisation who has these skills and attributes to become a HOPE Leader.

We hope that your sports will welcome this OSFO initiative and participate in the opportunity to build wellbeing in your community and would appreciate your early response to this proposal by September 10, 2020.

Kind regards,

A handwritten signature in blue ink, appearing to read 'Kevan', is positioned below the text 'Kind regards,'.

R Kevan Gosper AO
President